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ABSTRACT

This course outline is a guide for teaching basic understanding of fundamental skills and rules of girls' touch football in grades 7-12. The course format includes lectures. demonstrations, practice of basic skills, visual aids, lead-up games, presentation and practice of officiating techniques, tournaments, and written and skills tests. Course content includes the following: (a) history, (b) description of game, (c) terminology, (d) rules and regulations, (e) modified rules, (f) safety procedures, (g) playing courtesies, (h) fundamental skills and techniques, (i) game strategy and tactics, and (j) basic officiating. Warm-up exercises and lead-up games are illustrated. Resources are recommended for teacher and pupil. Procedures for giving a skills test are outlined, and a written test is presented. (A seven-item bibliography is included.) (PD)

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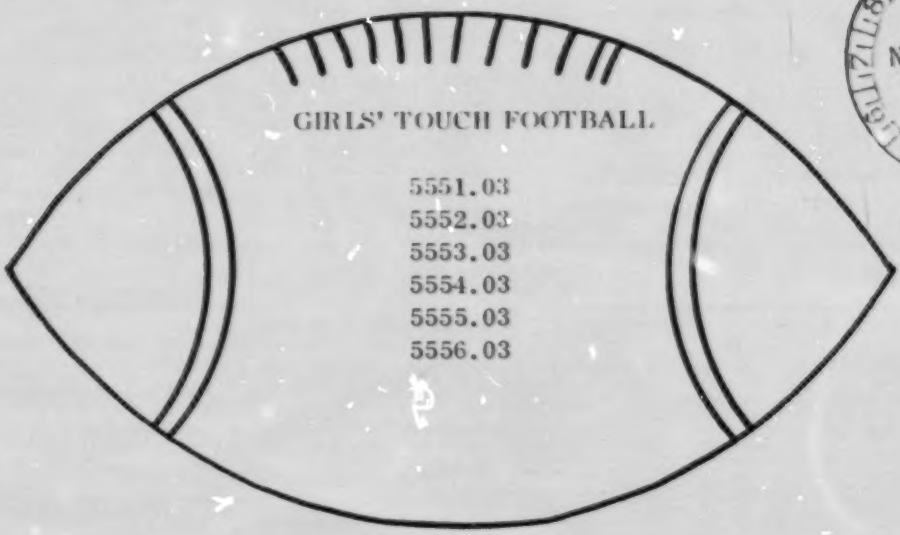

PHYSICAL EDUCATION

Written by
Kathy King

for the

Division of Instruction
Dade County Public Schools
Miami, Florida
1971

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GIRLS' TOUCH FOOTBALL

I. COURSE GUIDELINES FOR COURSE NUMBER

5551.03
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5556.03

A. Student Classification: Girls

B. Grade Level: 7-12

C. Level of Performance: General

D. Suggested Prior Experience: None

E. Subject Status: Elective

F. Length of Unit: 9 weeks

II. COURSE OF STUDY AND BROAD GOAL

A. Description of Purpose

To present a new and challenging team sport that will help girls become well-rounded individuals as educated spectators to increase appreciation and enjoyment of football games with a basic understanding of fundamental skills and rules, a vocabulary of terminology, and a knowledge of officials' signals.

The course of study is designed to meet the following major goals:

1. To provide students with activity and instruction in a vigorous team sport that will meet their personal physical fitness and recreational needs.

2. To introduce students to the rules, fundamental skills and strategies necessary for successful participation in a team sport.

3. To provide instruction and laboratory experiences in a fundamental team sport activity which has lifetime value as a spectator sport.

B. Methods of Presentation and Evaluation

The unit consists of lectures, demonstrations, practice of basic skills, visual aids, lead-up games, participation in game situations, presentation and practice of officiating techniques, class tournaments, written and skills tests.

C. Areas of Concentration

Class periods will be devoted to the following activities:

1. Calisthenics pertinent to the activity
2. Practice time devoted to the skills presented
3. Classroom time spent in acquiring an understanding of the rules of the game
4. Class discussions of football games attended or viewed on films or TV by class members
5. Lead-up Games
6. Skills tests on performance of basic skills
7. Participation in game situations
8. Class tournaments
9. Practice in officiating class games
10. Written tests on knowledge of rules

III. COURSE OF STUDY BEHAVIORAL OBJECTIVES

A. Class Participation Objectives: 40% of Unit Grade

State Accreditation Standard

Junior High	9.8416 (2)	e,g
Senior High	9.9420 (2)	i

All students will demonstrate ability in girls' football skills, strategy, team play and officiating. These abilities will be developed during class sessions by means of lectures, visual aids, drill sessions, and actual game situations. The majority of students will achieve average or better scores as subjectively evaluated by the instructor and self and/ or team evaluations. Items of consideration will include the following:

1. Passing
2. Receiving
3. Kicking and Punting
4. Centering
5. Screening
6. Executing plays
7. Ball carrying
8. Strategy
9. Officiating

B. Basic Skills Objective: 20% of Unit Grade

State Accreditation Standard:

Junior High	9.8416 (2)	e,g
Senior High	9.9420 (2)	i

All students will be rated on a minumum of 3 skills tests and the majority of students will achieve an average or better score. Skill tests administered may be selected from Dade County Curriculum Bulletin 5-H or may be an accepted skill test from another source. Suggested tests:

1. Forward Pass
2. Punting and Kicking for Distance
3. Dodging Run
4. Pass Receiving
5. Pull-Out

C. Course Content Knowledge Objectives: 20% of Unit Grade

State Accreditation Standard:

Junior High	9.8416 (2)	e,g
Senior High	9.9420 (2)	i

1. Students will be able to achieve a minimum score of 75% on an objective test based on rules and regulations of the game as presented in Course Content and as developed during class lectures and discussions.

2. Students will display comprehension of offensive team play by being able to diagram at least three offensive plays that have been successfully executed by class teams in game situations.

3. Students will present a written report of a regular football game attended as a spectator or as observed on TV or film. Report will include differences observed as compared to the girls' football game.

D. Social and Personal Attitudes Objective: 20% of Unit Grade

State Accreditation Standard:

Junior High	9.8416 (2)	e,g
Senior High	9.9420 (2)	i

Social and personal attitudes displayed by all students will be evaluated by instructor observation throughout the entire unit. Students will also be asked to respond to a self-evaluation checklist of desirable social and ethical traits. Items of consideration will include the following:

1. Cooperation in class routines

2. Good sportsmanship

3. Cooperation with team members

4. Consideration of official's decisions

5. Integrity and perseverance

6. Willingness to participate in all class activities

IV. COURSE CONTENT
(This section may be duplicated for distribution to the students.)

A. History of the Game

American football originated in 1869 and since its beginning has had tremendous popularity. Students who did not have the opportunity to play in varsity football adapted various phases of the game for use in school programs and on playgrounds. The elimination of tackling and other resultant dangers paved the way for today's game of touch or flag football.

This modified game of football provides an organized team sport involving many of the skills and strategies of football but requires little equipment and does not include the dangers involved in tackle football.

B. Description of the Game

Girls' football is a football-type game that contributes to the development of endurance, power, and coordination. It presents new skills for girls involving passing, catching, and kicking an oblong ball. The game also presents a better understanding and appreciation of tackle football as a spectator sport.

The game uses nine players and incorporates the rules of Touch Football and DGWS Flag Football. As players develop a vocabulary of terminology, recognize plays, understand penalties and officials' signals, a greater knowledge and appreciation of the sport will develop.

C. Terminology

All terms described may not be applicable to the girls' football game but will aid in developing understandings and increasing vocabulary concerning the regular game of football as an educated spectator:

1. Blitz (also called Red Dog). Defensive maneuver where linebackers charge into the opponent's backfield.

2. Defense. Team attempting to impede progress of the team in possession of the ball.

3. Down. Unit of the game which starts with the centering of the ball and ends when the ball is dead.

4. Extra Point. A point which may be scored by the team that has scored a touchdown by running or passing over the goal line. Play begins from the conversion line and scores one point.

5. Forward Pass. Pass thrown from behind the line of scrimmage toward the opponent's goal line.

6. Flanker. A back who lines up outside the ends in order to get downfield quickly. This player is sometimes referred to as a wide receiver.

7. Fumble. Failure of a player to retain possession of the ball while running, passing, or attempting to receive, center, hand-off or pass.

8. Hand-Off. Handing the ball to a teammate behind the line of scrimmage.

9. Huddle. Players conferring between downs and deciding on play to be executed.

10. Incomplete Pass. A forward pass which is not caught.

11. Interception. Pass caught by the defensive team.

12. Lateral Pass. A pass that is thrown back towards the passer's own goal.

13. Linebacker. Defensive player stationed immediately behind the line of scrimmage. A linebacker usually calls the defensive signals.

14. Line of Scrimmage. An imaginary line drawn from the front tip of the ball and parallel to the end line. Defensive team lines up three yards from the offensive scrimmage line.

15. Neutral Zone. The three yard area separating the defensive team from the line of scrimmage.

16. Offense. The team in possession of the ball.

17. Pass Interference. A player blocks, pushes, or pulls flag to prevent a player from catching or intercepting a pass.

18. Off-Sides. Player from either team entering the neutral zone before the ball is centered. (Player from either team may be off-sides.)

19. Option Play. Quarterback decides whether to pass or to run after receiving the ball from the center.

20. Place Kick. A ball that is kicked from a tee or from the hands of a holder.

21. Punt. A ball kicked directly after being dropped from the player's hands and before it touches the ground.

22. Red Dog (Also called the blitz). Defensive maneuver where linebackers charge into the opponent's backfield.

23. Safety. When a free ball or a ball in possession of a player defending her own goal becomes dead behind the goal, providing the impetus was given by the defending team. Offensive team punts from quarter line after a safety. Safety scores 2 points.

24. Screening. Players screen by virtue of body position only, such as guarding in basketball.

25. Statue of Liberty Play. When the quarterback fakes a pass with the arm upraised and another back comes from behind and takes the ball.

26. Touchback. A play in which a punted ball goes into the end zone or when a fumbled or thrown ball is recovered in the end zone by the defensive team (no score).

27. Split-End. An end stationed on the line of scrimmage but out a few yards to enable the player to get downfield faster.

28. Double Foul. A foul committed by both teams during the same down. Down is replayed.

D. Rules and Regulations

1. Teams

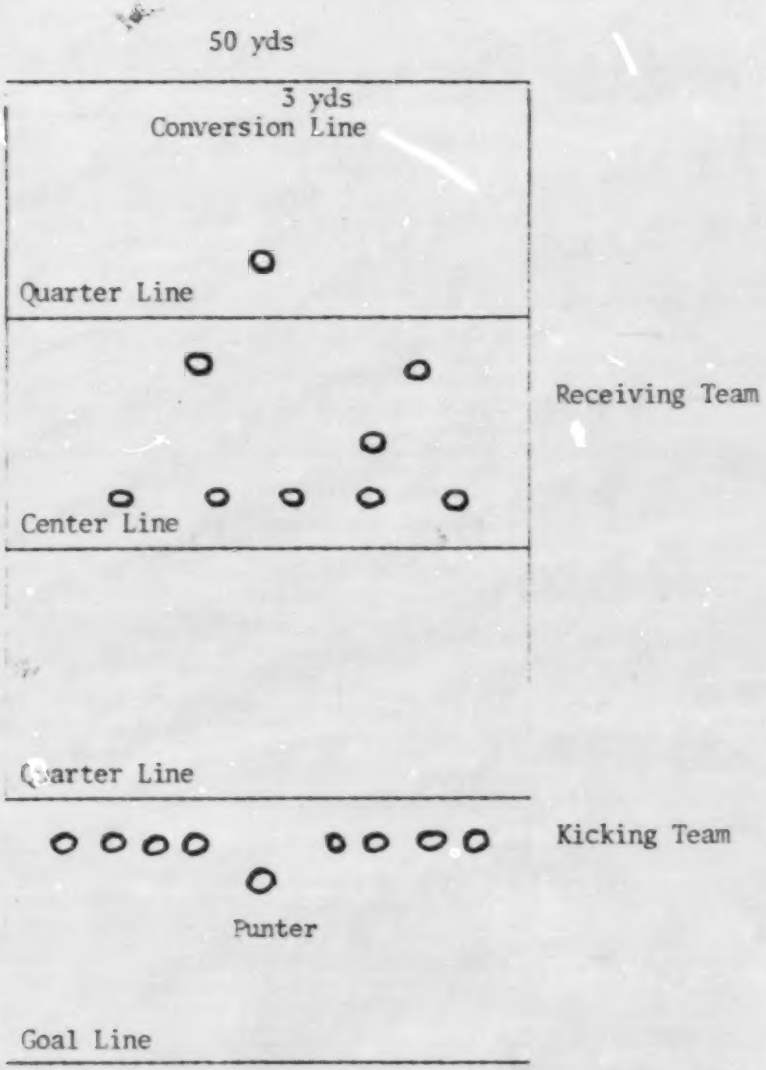
A team consists of nine players and any number of substitutes. There are five line players, one of whom is the center. There are four backfield players, one of whom is the quarterback.

Substitutes may enter the game any time the ball is dead. A player may substitute any number of times.

A team must have at least nine players to start the game. If at any time, the team has less than seven players, they must default the game.

2. Playing field

Team positions for kick-off.



3. Length of Game

The game consists of four 10 minute quarters, with 2 minutes between quarters and 10 minutes between halves.

4. Scoring

Touchdown. 6 points

Safety. 2 points

Point after touchdown. 1 point

A touchdown is scored when a runner carries the ball across the goal line or a pass is completed in the end zone.

A safety is scored when the ball legally in the possession of a player defending her own goal becomes dead behind her own goal providing impetus was given by defending team.

A try for extra point is awarded- after a touchdown is scored- from the three yard conversion line. A point is scored if a run or pass is completed over the goal line.

5. Kick-Off

A kick-off is executed at the beginning of the game, at the half, and after a touchdown.

a. Team kicking-off lines up behind their own quarter line. Receiving team lines up behind the center of the field.

b. Defensive team punts the ball forward:

(1) Ball landing out of bounds on the sideline is brought back to point where it went out.

(2) Ball landing out of bounds over the goal line is brought out to the 10 yard line.

(3) Ball must go forward at least to center of field before it is considered in play.

c. Offensive options on the kick-off:

(1) If ball touches the ground before being touched by the receiving team, it is in play and may be run.

(2) When a kick-off is caught, receiver may run, hand-off, or throw a lateral pass. A forward pass may not be thrown.

6. Scrimmage

a. Neutral zone between the two teams must be 3 yards. Defensive team lines up 3 yards from the line of scrimmage.

b. Ball must be centered within 25 seconds after ball is declared ready for play by the referee.

c. The center snaps the ball to the quarterback using both hands on the ball. Ball must not be lifted from the ground before centering.

d. If the ball touches the ground after being centered, it is declared dead at that point.

e. Quarterback may pass, run, or hand off to another backfield player. A forward pass may be made to any player beyond the line of scrimmage.

f. Any incomplete forward pass from behind the line of scrimmage is brought back to the spot of the preceding down.

g. If a forward pass is completed, the receiver may run for a touchdown until her flag is pulled.

h. After the ball and player have crossed the line of scrimmage, a forward pass cannot be used.

7. Downs

There are two commonly used methods of determining yardage and possession of the ball.

a. Full size field

The field is divided into four equal zones and the team in possession of the ball has four downs to advance the ball into the next zone or to score.

b. Modified field area

The field is divided into two equal parts. Team in possession of the ball in their own half of the field is allowed four downs to make the center of the field and four more downs to score. Team receiving possession of the ball beyond the center of the field has four downs to score. When offensive team fails to reach center of field or to score in four downs or less, the opposing team is awarded the ball at the point of the last down.

8. Penalties and Fouls

A foul is an infringement of the rules and the offending team is penalized by loss of yardage or loss of down. The captain of the offended team has the option of accepting or declining any penalty. If the penalty is greater than the distance to the goal line, the penalty shall be half the remaining distance.

a. Major rules infraction - 15 yard penalty and loss of down

(1) Unnecessary roughness (Down remains the same if committed by the defensive team.)

(2) Unsportsmanlike conduct

(3) Falling on the ball

(4) Pass interference

(5) Illegal wearing of flag or obscuring flag

b. Minor rules infraction - 5 yard penalty or loss of down

(1) Crossing scrimmage line or entering neutral zone before the ball is snapped

(2) Failure to center ball within 25 seconds

(3) Intentionally grounding the ball to prevent having flag pulled

(4) Handing ball forward beyond the line of scrimmage

(5) Using hands and arms to screen or block

(6) Throwing a forward pass after crossing the line of scrimmage

(7) Center lifting the ball from the ground before centering

(8) Delaying the game unnecessarily

9. Punt from Scrimmage

a. Team may punt on any down but must announce that they intend to punt.

b. Any backfield player may punt.

c. Neither team may enter neutral zone until the ball has been kicked.

d. Ball is dead on the spot if touched by member of kicking team before being touched by receiving team.

10. Dead Ball

Ball is dead and not in play in the following situations:

a. Player runs out-of-bounds.

b. Player with the ball has flag pulled.

c. Forward pass is incomplete.

d. Player falls to ground with ball.

e. Ball is kicked out-of-bounds.

f. Any rule violation is called.

g. A fumbled ball touches the ground.

11. Time Outs

Time out may be requested when the ball is dead. Each team may have two time outs each half. Time outs shall be two minutes each.

Officials may call time out when deemed necessary.

12. Equipment

a. An intermediate size football is used.

b. Each player shall wear two flags. Flags should be of contrasting colors and should be worn on each side of the body. Flags should be about three inches wide and from 16-20 inches long.

c. A down marker should be placed or held on the side line.

d. A line of scrimmage marker should indicate where a series of downs begins.

E. Modified Rules

The basic rules governing flag football and touch football are not completely standardized and the rules may be modified to suit the area available, the age and ability of individuals involved, and the goals desired:

1. Field size may be reduced to accommodate area available.

a. Recommended field size for junior high players is a minimum of 70 by 30 yards.

b. Minimum field size for senior high should be at least 80 by 40 yards.

2. The number of players may be reduced to four backfield players and three linesmen.

3. The ball may be junior size or regulation size.

4. Length of the game may be shortened by reducing length of the quarters.

5. Flags must meet specifications. Flags may be either commercial or constructed by instructor or students.

6. If flags are not available, a one or two handed tag may be used and teams could be identified by pinnies.

7. Rules of aerial ball may be incorporated permitting any number of passes in a series of downs.

F. Safety Procedures

Safety practices should be discussed and emphasized before participation. Many injuries can be prevented by taking a proper warm-up prior to participation.

1. Playing field should be checked for uneven area, rocks, glass, sprinklers, etc.

2. Rubber soled shoes should be required. No spikes or cleated shoes should be allowed.

3. All rules should be strictly enforced by competent officials. Rough tactics should not be tolerated.

4. Players should be cautioned not to block a kick.

5. Players should be encouraged not to trip or otherwise illegally cause any player to fall.

6. Players should be encouraged to refrain from running full speed at a player in order to block.

G. Playing Courtesies

The regard for the safety of others is an essential courtesy in girls' football. Safety hazards can be reduced by playing according to the rules and observing fair-play practices:

1. Accept decisions of the officials without argument.

2. Leave discussion of interpretation of rules to your instructor or team captain.

3. Be appreciative of the ability of those girls with whom you play.

4. Do not make abusive statements to your opponents.

5. Observe the rules and regulations of the game.

6. Refrain from making abusive statements to the officials.

7. Always offer assistance to an injured player and apologize if you have contributed to the injury.

8. Do not question the play that the quarterback chooses during the game.

9. Be receptive to the suggestions and assistance of others in helping you improve your playing ability.

H. Fundamental Skills and Techniques

1. Forward Passing

Grip the ball with the fingers spread so the little finger is near the center of the lacing and the index finger near the rear of the ball. Bring the ball behind and close to the ear, release the ball with a snap of the wrist as you take a step toward the receiver.

2. Receiving Passes

As the ball approaches, the arms are extended in front of the body with elbows slightly bent and the palms of the hand facing the ball. Fingers are spread and the hands give as they contact the ball and bring it in close to the body. Eyes are kept on the ball until the pass is caught.

3. Centering the Ball

The ball is placed on the ground in front of the body so the knuckles of the throwing hand rest evenly on the ground. The other hand is placed on the opposite side near the rear end of the ball and is used merely as a guide. The feet are spread and the weight of the body equally distributed. The knees are bent and the trunk parallel to the ground. At the command, the ball is passed between the legs with a snap of the wrist.

4. Punting

The hand on the same side of the body as the kicking foot is placed to the side of the ball with the fingers spread and the thumb along the top seam. The other hand is placed on the opposite side near the front of the ball. Ball is held over the the kicking foot about chest high at arms length from the body.

The kicker may take one step, two steps or use a "rock back". As the kicking foot swings forward, the toe is extended so the ball will contact the outside of the instep. The foot meets the ball about knee high and the entire leg continues to follow through above the head.

5. Carrying the Ball

The ball is grasped by the fingers with one end under the armpit and the other end covered by the palm of the hand. The ball is carried in the arm away from the opponent. The carrier runs hard and eludes opponents by reversing, dodging, and executing fakes.

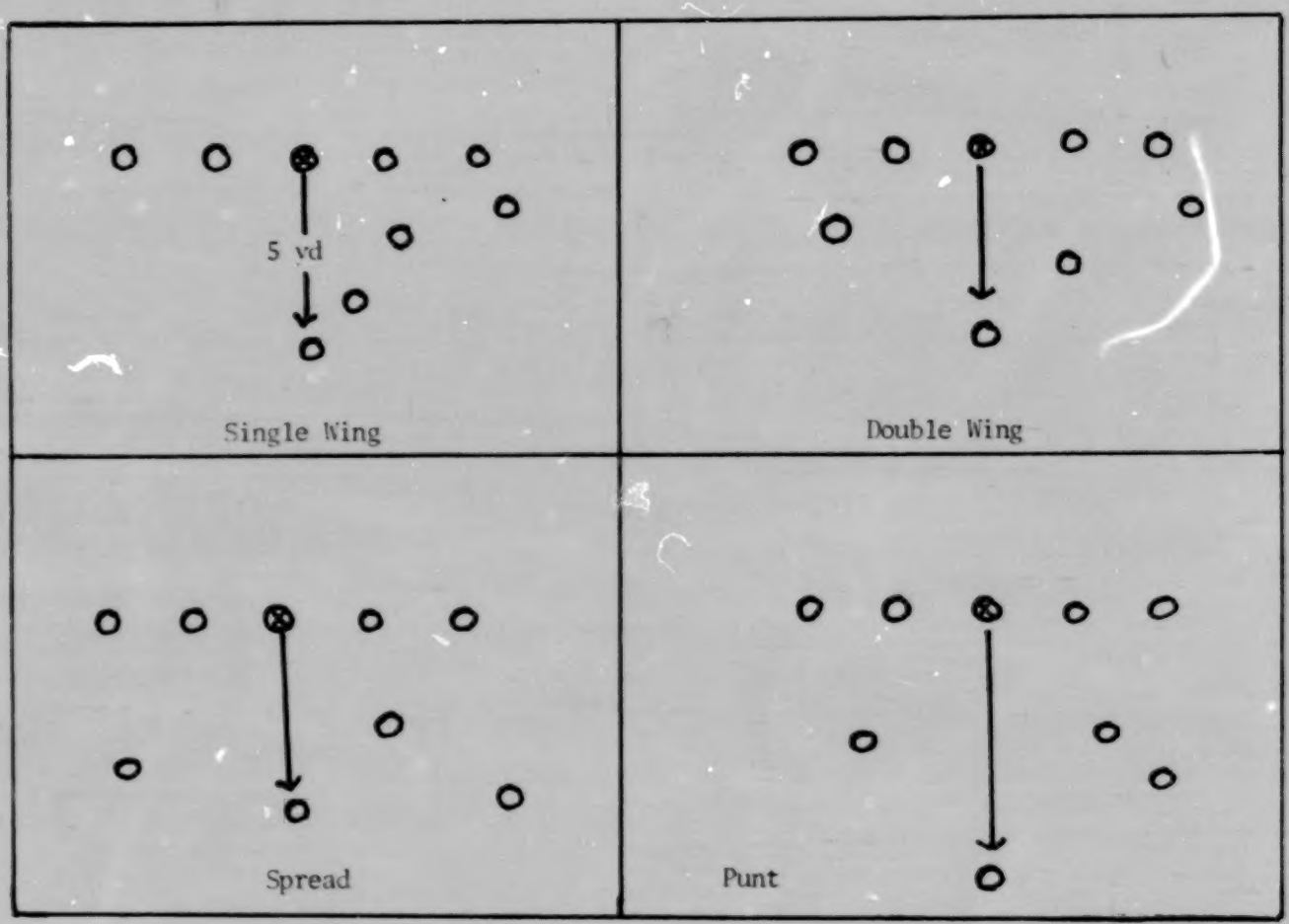
I. Game Strategy and Tactics

1. Offensive team play

Each team should plan a signal system to denote whether to run, pass, or punt and where the play is to go. Plays should be kept simple.

Offensive formations may be single-wing, double-wing, or spread formation. Double-wing formations have an advantage in that the other backfield players may be used for fakes and reverses. The single-wing formation is especially good for end runs. The spread formation is a good surprise play.

OFFENSIVE FORMATIONS



2. Defensive team play

   a. Teams should agree on a plan for pass defense. Certain linesmen should rush the passer. Other linesmen drop back to cover possible receivers. A zone defense might be employed on short passes close to the line of scrimmage.

   b. Defensive teams should have a number of formations just as the offensive team has. Formations will depend on where the ball is on the field, what down it is, and what the score is.

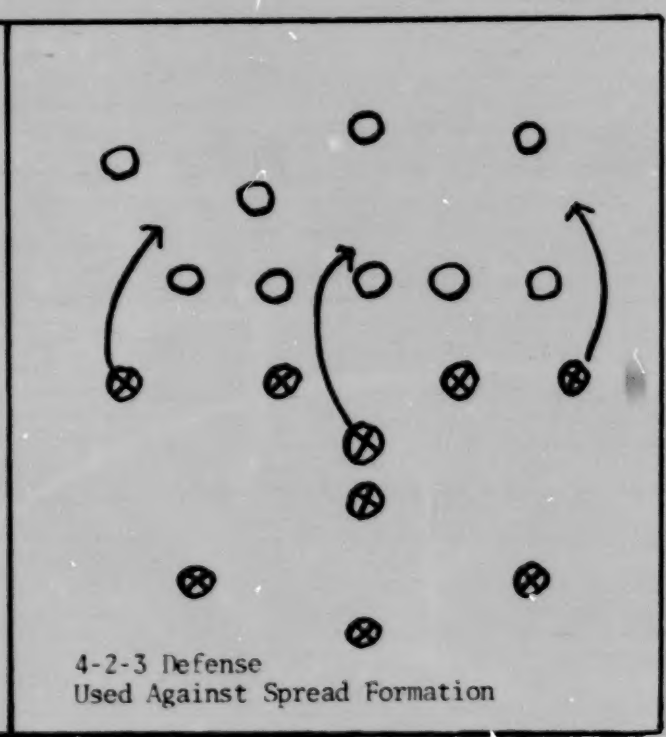
   c. Linesmen should rush ahead low and fast and get in to the backfield as soon as possible. The line must cover all running plays as well as short passes. The backs guard against all passes.

   d. If a man-to-man defense is used, each player is assigned a specific opponent to cover. In a zone defense, each player is assigned a certain area or zone for which she is responsible. As soon as an offensive player enters the area, the player responsible must attempt to cover them.

   e. The defensive player should vary her type of attack so the offensive player will be uncertain of her actions.

DEFENSIVE FORMATIONS

4-3-2 Defense
Used Against Single-Wing



4-2-3 Defense
Used Against Spread Formation

J. Basic Officiating

1. Officials should know the rules of the game thoroughly. They should know the proper signals and should have had practice in using them. The officials and their responsibilities are described briefly.

   a. Referee

      Head official in charge of the game. Inspects the playing field and gets the game started. Administers all penalties and indicates first downs. Takes her position behind the offensive line.

   b. Umpire

      Assists the referee in calling rules infractions. Watches the line of scrimmage for fouls. Takes her position behind the defensive line.

   c. Linesman

      Keeps track of the downs and moves the down marker on the signal from the referee. Indicates the neutral zone and watches for off sides.

   d. Timekeeper

      Keeps the clock to time the game and a stopwatch to time the time outs. Sounds a whistle to indicate end of each quarter.

   e. Scorekeeper

      Keeps a record of names of players and substitutes. Keeps account of all points scored.

2. Officials may declare any player ineligible to continue playing if she displays unsportsmanlike conduct or unnecessary roughness.

3. Officials may declare a time out when --

   a. a player is injured;

   b. the ball goes out of bounds;

   c. there is a rules infraction; or

   d. he deems it necessary.

4. Five officials are necessary for any official game; however, for class play the number of officials may be reduced according to the situation.

OFFICIALS' SIGNALS

Illegal Procedure

Touchdown

Personal Foul

Interference

Illegal Use of Hands

Off Sides

Intentional Grounding

OFFICIALS' SIGNALS

(continued)

Ball Ready For Play

Incomplete Pass

Delay of Game

First Down

Safety

Time-Out

Illegal Pass

V. PROCEDURES OF TEACHING

A. Warm Up Exercises

It is important to warm up the muscles of the body prior to game participation so that the body will operate more effectively and without injury. The major muscles of the legs and trunk should be loosened with stretching and twisting movement. The following exercises are suggested to bring about maximal benefits:

1. Alternate Leg Thrusts

Position: Front leaning, left leg extended back, right foot inside right hand in a squat position

Procedure: Alternate position of the feet in a running pattern

2. Bobbing

Position: Side stride position

Procedure: Bounce 4 counts towards ground, pushing hands between legs as far as possible. Rest 4 counts

Variation: Bounce right, center, left and return to starting position

3. Inch Worm

Position: Front leaning position with weight on hands and feet

Procedure: Use 4 counts to walk feet towards hands, keeping arms and knees straight. Hands remain in same spot

Use next 4 counts to walk hands out until back in original position

4. Jumps In Place

Position: Stand erect

Procedure: Jump once on right foot, then once on left, then two on right foot, increasing up to eight jumps per foot

5. Jumping Jacks

Position: Stand erect

Procedure: Jump to side straddle position raising arms sideward overhead, palms together

Jump back to starting position

5. Jumping Jacks (continued)

Variation: Jump to side straddle position raising arms horizontally to the side. Jump feet back together and raise arms sidewards to an overhead position. Return to starting position.

6. Knee Lifts

Position: Stand erect, hands at side

Procedure: Lift right leg to chest, grasp with both hands and pull

Return to starting position

Repeat with left leg

7. Limber

Position: Side stride position

Procedure: Bounce forward touching toes 4 times

Bounce to right with right hand on hip and left hand extended over head

Bounce to left with left hand on hip and right hand extended over head

Bounce backwards with both hands on hips and looking up

8. Squat Thrusts

Position: Stand erect, hands on hips

Procedure: Squat, placing hands on floor in front of foot

Thrust legs back to a front leaning position

Return to squat position

Return to starting position

9. Stationary Run

Position: Stand erect with arms bent so forearms are parallel to floor

Procedure: Run, lifting thighs high and parallel to floor

10. Way Back

Position: Stand erect, hands on hips

Procedure: Bend over and touch toes

Return to starting position

Lean back, throwing arms over head

11. Windmill

Position: Stand tall, feet shoulder width apart, arms extended to the side

Procedure: Bend at the hips, keeping legs straight

Touch right hand to left toe

Return to starting position

Bend and touch left hand to right toe

Return to starting position

B. Suggested Lead-Up Games

It is recommended that flags be used whenever tagging is a part of the game. Flags may be obtained commercially, or may be pieces of cloth tucked under a belt.

Students should have many opportunities to play running and tagging games as a foundation for playing modified football. A football might be substituted for a round ball in many games and the pass may be introduced.

1. Speed Football

Area: Speedball field or any available area approximately 30 by 60 yards

Equipment: Flags or ninnies, a football

Players: 7-11

Skills: Punting, passing, catching, running

The Game:
A modified speedball game to meet the interests of girls in the game of football. Two teams of from 7 to 11 players using regulation speedball positions. Game starts with a kick-off from center. Speedball rules apply in most cases. Ball advanced by means of punting a ground ball which may be picked up; or, by passing an aerial ball in any direction. A free kick becomes a free punt. A throw-in becomes a free pass on an out-of-bounds play. A tie ball is awarded the defensive team. A runner is stopped by pulling the flag.

Scoring:

Touchdown: 6 points
Ball passed by a player outside the 6 yard penalty area to a teammate who is behind the goal line.

Field Goal: 3 points
Ball punted over the goal posts from outside the 6 yard penalty area.

2. Position Rotation Football

Regular game play with players rotating positions after each series of downs. Rotate from right end to the backfield and from backfield to left end, etc.

3. Run and Tag

Area: Any available area approximately 30 by 60 yards

Equipment: Flags

Players: 6-11

Skills: Running, dodging, tagging

The Game:
Offensive team lines up on the end line. Defensive team lines up on center line. Entire offensive team runs across the field toward the opposite end line. Object of the game is to cross the field without losing your flag. Defensive team attempts to grab flags from as many players as possible. Teams alternate running.

Scoring:
Each player who successfully crosses the opposite goal line without losing her flag scores (1) point.

Modification: Only a certain number of players may have flags and the other members of their team would screen for them. Personal contact should be discouraged.

4. Pass and Score

Area: Any area approximately 15 by 30 yards

Equipment: Football, pinnies

Players: Unlimited

Skills: Passing, catching, screening

The Game:
A neutral zone of from 15 to 20 feet is marked in the center of the field. Object of the game is to pass the ball over the neutral zone to a teammate. Opposing players attempt to intercept or knock down the ball. A ball on the ground is a free ball and may be picked up. An out-of-bounds ball is awarded to team that did not touch it last. Out-of-bounds ball may not be passed directly over the neutral zone. An equal number of players from each team is on each side of the neutral zone.

Scoring: Each completed pass across the neutral zone counts 1 point

Modification: Use more than one football

5. Other Football-type Games

Aerial Ball	Touch Football
Speed-A-Way	Flicker Ball
Gator Ball	

C. Lead-Up Games - Source Material

Numerous lead-up games and activities by which fundamental skills and strategy may be practiced and developed are available in numerous sources. These games and activities will enrich, vary, and vitalize the Girls' Football Unit as adapted to the specific situation. The following sources are copyrighted materials and cannot be reproduced as instructional units, however, the costs are minimal and the material contained in each source is highly recommended for teacher use with this unit:

1. AAHPER. How We Do It Game Book. NEA. Washington, D.C. 20036. 3rd Edition. 1964. $3.50

Fourteen football type games including "Punt Football For Girls."

2. AAHPER. Skills Test Manual for Football. NEA Publications. 1201 Sixteenth St. N.W. Washington, D.C. 20036. 1966. 75¢

Ten skills tests for football with general instructions, sample recording forms, and percentile tables which may be adapted to Girls' Football.

3. Blake, O. William, and Volp, Anne M. Lead-Up Games To Team Sports. Prentice-Hall, Inc. Englewood Cliffs, N.J. 1964. pp. 136-156.

Twenty-one games of the football type arranged progressively from the simplest to the most complex.

4. Mason City Tent and Awning Co. Rip Flag. 406 South Federal Avenue. Mason City, Iowa 50401. 25¢

Rules of flag football and thirty other running games for all ages.

D. Drills and Skills Practice Techniques

It is recommednded that on the Junior High level, the basic fundamentals of passing and catching the ball, kicking, and centering the ball be taught. On the Senior High level, the more complicated skills should be taught. These would include eluding a defensive player, offensive and defensive team play, team strategy and officiating.

1. Skill Practices*

a. Passing and Receiving

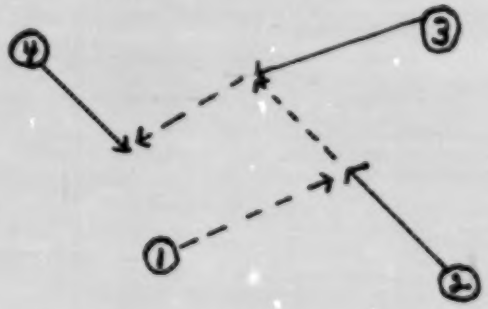
Purpose: Forward passing and receiving

Players: Two to six

Equipment: Footballs

Pass - - - - -

Run ———



Procedure:
(1) Player #2 starts running and player #1 throws him a pass.
(2) The other players follow the same procedure in turn, catching a pass and then throwing a pass to the next player.

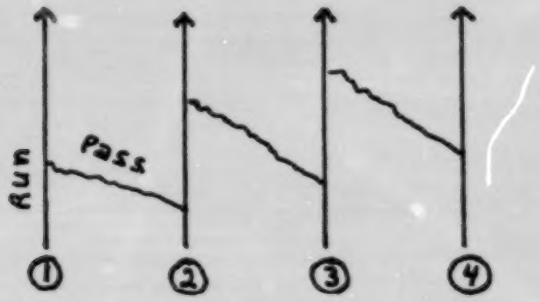
*Adapted from Guide to Teaching. Physical Education in Secondary Schools. Dept. of Education. Bulletin No. 5. Tallahassee, Florida.

b. Lateral Passing

Purpose: Lateral passing and receiving

Players: Two to six

Equipment: Footballs



Procedure:

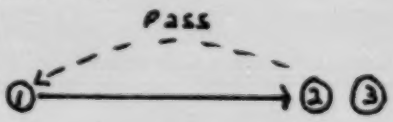
Running, player #1 laterals to player #2; player #2 laterals to player #3; player #3 laterals to player #4. The same procedure is used on the return.

c. Centering the Ball

Purpose: Centering, passing and receiving

Players: Three

Equipment: Footballs



Procedure:

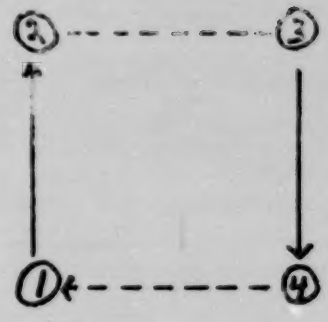
Player #1 centers the ball to player #2; player #2 forward passes the ball to player #1. After five attempts, players rotate with #3 becoming the receiver.

d. Punting and Catching

Purpose: Punting, passing, catching

Players: Four

Equipment: Footballs



Procedure:
Player #1 punts to player #2; player #2 passes to player #3; player #3 punts to #4; #4 passes to player #1. After five practices, the players rotate.

e. Offensive and Defensive Pass Play

Purpose: Centering, passing, receiving, defensive play

Players: Six

Equipment: Footballs

Procedure:
(1) Players #3 and #5 attempt to elude defensive players #1 and 2. After receiving ball from center (#4), player #6 passes to player that is free.

(2) Practice continues for five plays and then players rotate.

E. SUGGESTED STRUCTURE OF ACTIVITIES

1. The instructional program should be so structured that fundamental skills are developed so that unnecessary injuries will not occur and the greatest amount of enjoyment in participating in the game will develop.

   a. Skills can be practiced through challenging lead-up games. These games should promote interest in perfecting skills. Games should progress from the simple to the more complex according to the level of the students involved.

   b. Lead-up games help the student relate to the regular game, and involve a combination of deductive and inductive approach to learning.

2. Competition is a natural desire of teen-agers and should not be overlooked in the regular class situation. Instructors should attempt to select opponents in such a manner that all students share some success in the game situation.

3. Suggested Class Progressions

   The instructor should take into consideration the level of her students, area available, capacities of the girls involved, and the behavioral goals to be attained in determining the unit progression. The following topics might be considered in planning the unit to be presented:

   a. Beginning Level

      History
      Relationship to Tackle Football
      Conditioning Exercises to Be Used
      Safety and Courtesies
      Lead-Up Games to Be Presented
      Passing and Receiving
      Kicking
      Centering
      Screening
      Ball Carrying
      Basic Skill Tests
      Basic Knowledge Tests
      Social and Ethical Attributes
      Sportsmanship
      Spectatorship

b. Advanced Level

Review of History and Fundamental Skills
Review of Safety and Courtesies
Review of Rules
Game Strategy and Tactics
Offensive and Defensive Drills
Selected Skill Tests
Increased Competition
Officiating Techniques

4. Unit Presentations

The unit might be initiated with an interesting historical development. A discussion of relationship to tackle football would logically follow.

F. Recommended Resources for Teachers

(Note: The following lists are not exhaustive, nor are they intended as recommendations for purchase. Each teacher should review and evaluate materials before using them. Titles of films and filmstrips that may be ordered from Dade County Audio-Visual Services are followed by catalog numbers. Forms for ordering these materials may be obtained from the school's audio-visual representative.)

1. Books

A.A.H.P.E.R. How We Do It Game Book. Washington, D.C.: NEA, 3rd Edition, 1964.

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Stanley, D. K. and Waglow, I. F. Physical Education Activities Handbook. Boston: Allyn and Bacon, Inc., 1960.

Thomsen, Robert W. Successful Teaching Techniques in Physical Education. Portland, Maine: J. Weston Walch, 1962.

3. Visual Aids

a. Dade County Audio-Visual Department A-1

Know Your Football. 30' BW, 1-04466

Vigorous Activities in Physical Education. 14' BW, 1-10329

Good Sportsmanship. 10' BW, 1-00292

b. Encyclopedia Britannica Films, Inc.
Willmette, Illinois

Ball Handling in Football

c. Coca-Cola Co.
P.O. Drawer 1734
Atlanta, Georgia

Catching a Football

d. Coronet Instructional Films, Inc.
65 E. South Water St.
Chicago, Illinois

Football Fundamentals

e. Official Sports Film Service
7 S. Dearborn Street
Chicago, Illinois

Football Today

G. Recommended Resources for Pupils

1. Study Guide (Reproduced material from Unit Course Content)

2. Books

a. A.A.H.P.E.R. Physical Education for High School. Washington, D.C.: N.E.A., Sales Publications, 1963.

b. Anderson, Clary. The Young Sportsman's Guide to Football. New York: Thomas Nelson and Sons, 1963.

c. Gromback, J. V. Touch Football. New York: The Ronald Press Co., 1958.

d. Weyand, Alexander M. Football Immortals. New York: The MacMillan Co., 1962.

3. Manuals, Guides, Pamphlets

a. A.A.H.P.E.R. Soccer-Speedball, Flag Football Guide. Washington, D.C.: DGWS, 1970

b. National College Physical Education Association. Official National Touch Football Rules. Chicago: The Athletic Institute, 1963.

c. National Football League Properties. Touch Football Play and Rule Book. Columbus, Ohio: Varsity House, Inc., 1969.

VI. EVALUATION PLANS

A. Skill Tests

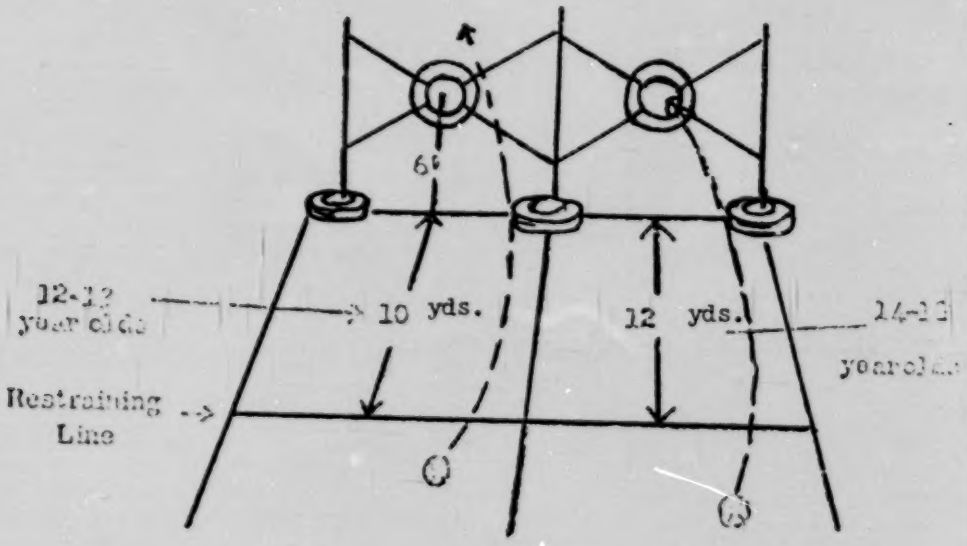
1. Forward Pass
(Dade County Curriculum Bulletin 5-H p. 17)

a. Purpose

To measure ability to throw accurate forward passes at a stationary target.

b. Equipment

(1) Footballs
(2) Volleyball Standards
(3) Automobile Tires
(4) Ropes



Tires are suspended from standards or chinning bars with center of the tire six feet from the ground. A restraining line is marked 10 yards from the target for 12 and 13 year olds and at 12 yards for 14-18 year olds.

c. Procedure

Player stands behind the restraining line and throws five times at the target. Two or three steps may be taken before throwing, but the player must stay behind the throwing line. Stepping over the line is a violation and results in loss of that scoring attempt. Two practice throws may be allowed preceding the test.

d. Scoring

3 points - ball passes through tire without touching
2 points - ball touches tire, but goes through
1 point - ball hits tire, but does not go through

Total points scored for the five trials is recorded.

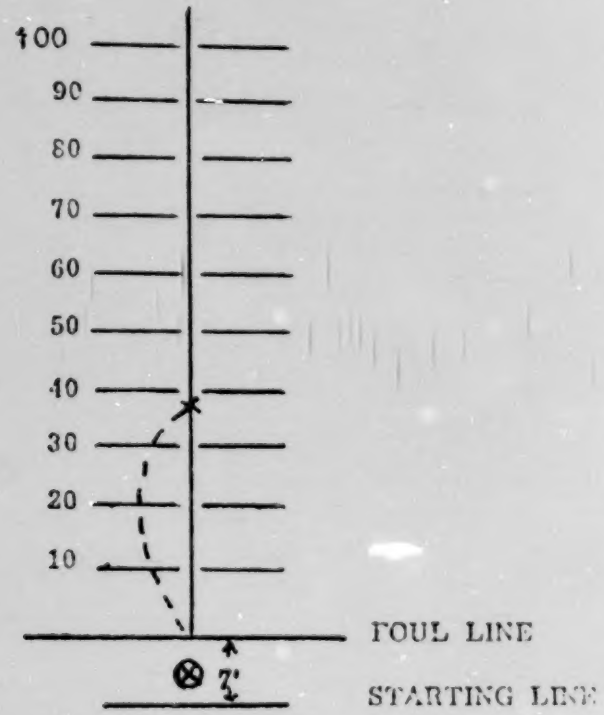
2. Punt For Distance
(Curriculum Bulletin 5-H p. 19)

a. Purpose

Punting or kicking for distance.

b. Equipment

(1) Footballs
(2) Field Markings
(3) Measuring Tape
(4) Stake Markers



Regulation field marked with ten-yard lines. Mark a starting line 7 feet from the restraining line.

c. Procedure

Pupil stands behind starting line, steps forward one to three steps, and punts the ball as far as possible. Three trials are allowed. Stepping over the restraining line results in loss of that trial. One practice punt may be allowed preceding the test. Retrievers mark the spot where the ball touches the ground. The best kick is measured from the restraining line to the first point of contact with the ground.

d. Scoring

Record the <u>best</u> of the three trials to the nearest yard.

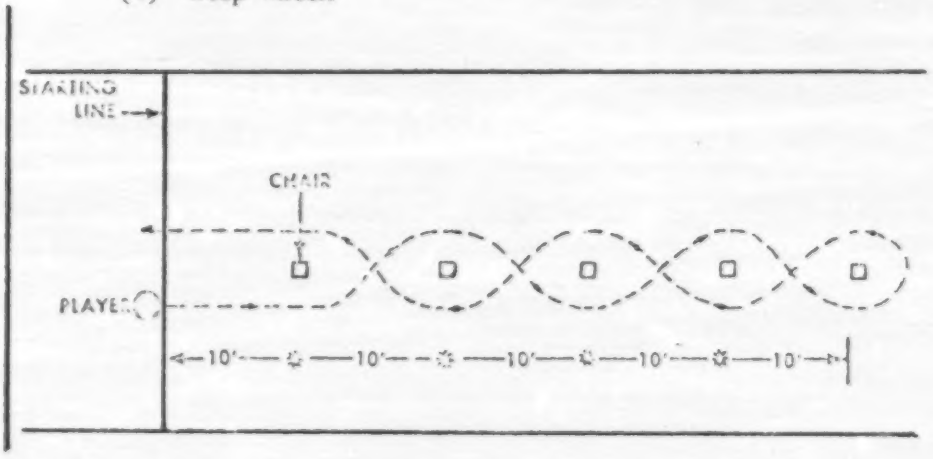
3. Dodging Run
(Curriculum Bulletin 5-H p. 21)

a. Purpose

To measure skill and speed in carrying a football around obstacles.

b. Equipment

(1) Footballs
(2) Five Obstacles
(3) Measuring Tape
(4) Stop Watch



Five obstacles are placed in a line 10 feet apart. Starting line is drawn 10 feet from the center of the first obstacle.

c. Procedure

Pupil stands behind starting line with the football. On the signal, pupil runs to the right of the first obstacle, to the left of the second, etc., around the last obstacle and returns in the same manner. The ball must be changed from arm to arm as pupil passes each obstacle so the ball is carried in arm away from the obstacle. No score is recorded if player fails to change the ball properly. Two trials are allowed.

d. Scoring

The score is the total time required to run from start and return. The better time of the two trials is recorded to the nearest tenth of a second.

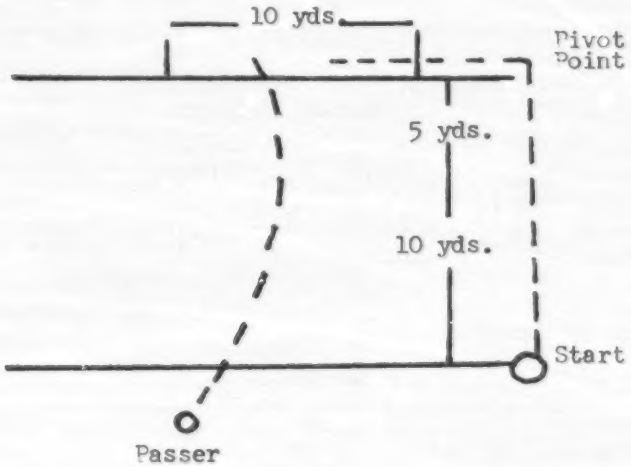
4. Pass Receiving
(Curriculum Bulletin 5-H p. 23)

a. Purpose

To measure skill in catching forward passes.

b. Equipment

(1) Footballs
(2) Field Markings
(3) Measuring Tape



Mark starting positions 10 yards to right and left of the center position on the line of scrimmage. Mark pivot positions 10 yards perpendicular to starting points. Mark a 10 yard receiving zone parallel to the line of scrimmage.

c. Procedure

Player takes position as an end on the line of scrimmage Player starts running to the pivot point. Passer throws ball into receiving zone after player has rounded pivot point. Player attempts to catch pass within receiving zone. Any ball below hip level, above head level, behind, or not thrown into receiving zone is thrown over. Player receives three (3) passes running from right of center and three (3) passes running from the left. One point is awarded for each pass that is caught. One practice pass may be allowed.

d. The score is the total number of passes caught on the six trials.

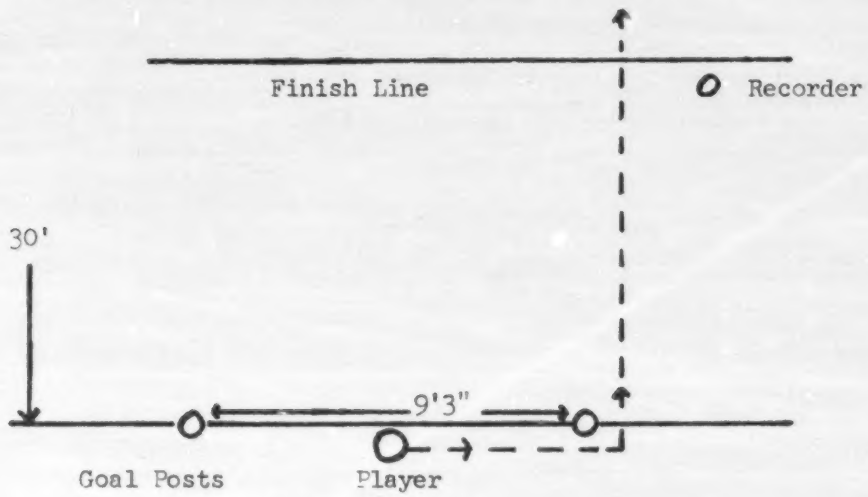
5. Pull-Out
(Curriculum Bulletin 5-H p. 24)

a. Purpose

To measure speed and skill in charging forward from the line of scrimmage.

b. Equipment

(1) Standard goal posts
(2) Volleyball standards
(3) Stop watch
(4) Measuring tape



Mark a starting point halfway between the goal posts. Mark a finish line 30 feet from the goal posts as indicated.

c. Procedure

The pupil takes a set position as if on a scrimmage line with hands on the starting point marked halfway between the two posts. On the signal "Go" the pupil pulls out of line and dashes around the right goal post and then charges straight ahead across the finish line. He must start from the exact starting point and must face straight ahead without moving until the signal "Go". One practice run is allowed and two trials are given.

d. Scoring

The score is the time to the nearest tenth of a second from the start to the instant the pupil crosses the finish line. The better of the two trials is recorded.

B. Knowledge Tests
(The sample test is intended for a beginning class - the self-evaluation might be used with any level knowledge test.)

GIRLS' FOOTBALL

NAME_____

Period_____

I. Multiple choice

DIRECTIONS: Select the correct answer and place the number on the answer sheet. Do not write on this test copy.

1. How many points are awarded for a touchdown?
   (1) 1
   (2) 2
   (3) 8
   (4) 6

2. What is the main purpose of the offensive team?
   (1) get possession of the ball
   (2) score a touchdown
   (3) keep the opposing team from scoring
   (4) stop the opponents from passing

3. Points after a touchdown may be scored by:
   (1) Completing a pass over the goal line.
   (2) Punting into the end zone.
   (3) Completing a lateral pass behind the goal line.
   (4) all of the above

4. How many players are on a regular football team?
   (1) 7
   (2) 9
   (3) 10
   (4) 11

5. What is a punt?
   (1) a kick when the ball is on the ground
   (2) a kick for a field goal
   (3) a kick dropped from the hands
   (4) a kick from out of bounds

6. What is the time limit for putting ball into play from scrimmage?
   (1) 15 seconds
   (2) 25 seconds
   (3) 40 seconds
   (4) 60 seconds

7. What is the length of a quarter?
   (1) 4 minutes
   (2) 5 minutes
   (3) 6 minutes
   (4) 8 minutes

8. What is a safety?
   (1) running out-of-bounds
   (2) downing an offensive team behind their own goal
   (3) kicking on third down
   (4) passing ball behind line of scrimmage

9. What is the width of the neutral zone between the two opposing teams at line of scrimmage?
   (1) 3 yards
   (2) 6 yards
   (3) 10 yards
   (4) 5 yards

10. How many quarterbacks are on a girls' football team?
   (1) 0
   (2) 1
   (3) 2
   (4) 3

11. What is one way in which a touchdown may be scored?
   (1) by passing into the opponents' goal line
   (2) by punting over the opponents' goal post
   (3) by a place kick over the goal post
   (4) by making three downs

12. On the kick-off, how many yards must the ball go forward before it is considered in play?
   (1) 5 yards
   (2) 10 yards
   (3) To center of field
   (4) 20 yards

13. The center player snaps the ball to what player?
   (1) left guard
   (2) left tackle
   (3) quarterback
   (4) right end

14. What is the penalty for violating rules?
   (1) 3 yard penalty
   (2) loss of 2 downs
   (3) 5 yard penalty
   (4) loss of 1 down

15. Which player calls or decides the plays?
   (1) the halfback
   (2) the center
   (3) the quarterback
   (4) the fullback

16. What is the violation if a player enters the neutral zone before the ball is snapped?
   (1) out of bounds
   (2) off sides
   (3) incomplete
   (4) charging

17. When is the ball considered a dead ball?
   (1) when the offensive team is in possession of the ball
   (2) when the defensive team is in possession of the ball
   (3) when the quarterback has possession of the ball
   (4) when a player in possession of the ball is forced out of bounds

18. How many points are awarded for a safety?
(1) 1
(2) 2
(3) 3
(4) 6

19. What term identifies the imaginary line from which a play begins?
(1) the line of scrimmage
(2) the neutral line
(3) the center line
(4) the line of play

20. How should a player stop an opponent who is running with the ball?
(1) by grabbing her flag
(2) by tackling her with two hands
(3) by tagging her with one hand
(4) by running in front of the player

21. If a ball lands out-of-bounds over the end line, where is it placed?
(1) on the 10 yard line
(2) on the 15 yard line
(3) on the 25 yard line
(4) on the 50 yard line

22. When is the ball "kicked-off?"
(1) after a touchdown
(2) at the beginning of the game
(3) after the half
(4) all of the above

23. What players are on a regular team but are not included on a girls' football team?
(1) the guards
(2) the tackles
(3) the halfbacks
(4) the ends

24. How many downs are allowed for the team in possession of the ball to cross the center line?
(1) 2
(2) 4
(3) 6
(4) 8

25. If on a kick-off, the ball lands out-of-bounds at the sidelines, where is the ball placed?
(1) on the 20 yard line
(2) nearest the point it went out
(3) on the 10 yard line
(4) on the sideline where it hit

II. Evaluation

Evaluate your own skill in playing football during your class tournament in relation with other players in your class. How would you rate your effort in playing to the best of your ability? What is your opinion of your sportsmanship, cooperation, leadership, and followship during this unit?

Skill Effort Conduct

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